

Rosalie: Could you state your name and when and how you were diagnosed with breast cancer?

Jill: My name is Jill Clymer, and I was diagnosed in the summer of 2018, when I was 46. I noticed a lump in my left breast and contacted my doctor to schedule a mammogram. They did the mammogram and a couple other tests, then a few days later they let me know I had cancer.

Rosalie: Was it easy to schedule a mammogram? Are there places nearby?

Jill: Yes, typically doctors recommend a mammogram every year or two for women who are over 50, sometimes as young as 40. This time because of the lump I got a special diagnostic mammogram to test for cancer in a specific area of the breast. We're lucky in Seattle to have some of the best cancer doctors in the world, and there are lots of great medical facilities to choose from for your mammogram.

Rosalie: Is there anything you would change about the process leading up to being diagnosed?

Jill: I don't think I would have changed anything, but I am so grateful for trusting my instincts and getting the mammogram. We caught it really early, so my chances were good for a full recovery.

Rosalie: How have these experiences impacted your life financially, emotionally, socially, or in any other ways?

Jill: Well, I sure cried when I found out, and I definitely experienced some fear (and still do, of the cancer returning). I had a lumpectomy surgery and radiation treatment, so that impacted me with pain and fatigue, lost time from work, and some big bills to pay. My body looks a little different now, which is sometimes hard, but I'm grateful to be alive and healthy.

Rosalie: Are there any last thoughts you would like to say regarding our topic and solution?

Jill: If you're 40 or above, I highly recommend getting a regular mammogram, and staying in tune with your body. Going in for a mammogram helped me detect cancer early, and ultimately saved my life!